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Avoiding Foods That Trigger Migraines

Avoiding foods that trigger migraines is a high priority for us as migraine sufferers. There are some well known food triggers, but everyone has different reactions to food. It can get a little confusing.

About



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Plus different philosophies have different causes and triggers for migraines. And they often disagree with each others methods.

For example these four potential migraine triggers are taken from the macrobiotic ideology:

Any food that causes fatigue or indigestion can indicate allergy or food trigger;

Anything spicy;

Any food with additives using "E numbers", for more details please see our [migraines and food](#) article;

All micro waved food.

The macrobiotic diet leans towards eating pickled condiments with each meal to aid digestion, which does not suit us migraineurs.

Please read our [migraine headaches diet](#) for more details on macrobiotics.

Chinese medicine would say to stay away from hot foods due to the Liver Fire Blazing pattern.

You need herbs and foods that nourish the Yin and dispel heat. It would also consider climate, time of year, and the persons individual



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- [Find out more](#)



One example is red skinned apples, ginger and cardamon are considered hot. Green skinned apples, on the other hand, are better, as are cucumbers and soft juicy fruits. These are cooling foods.

Coffee is considered to be hot and too stimulating.

I believe that using these 'diets' or ways of looking at food are not one size fits all. We cannot feed everyone according to the same rules. But I do favor the Chinese methodology over our eat what you feel like western diet.



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Avoid All of These? I Think Not!

Overall, here is the A-Z list for us migraineurs to consider avoiding:

All Nuts

Almonds

Any meat that is aged, fermented, salted or smoked – salami,
peperoni

Artificial sweeteners

Click here for more
details on my eBook
Migraine Management



Avocados

Beef

Beef Livers

Beer

Blackberries (tannins)

Black Tea

Buttermilk

Cashews

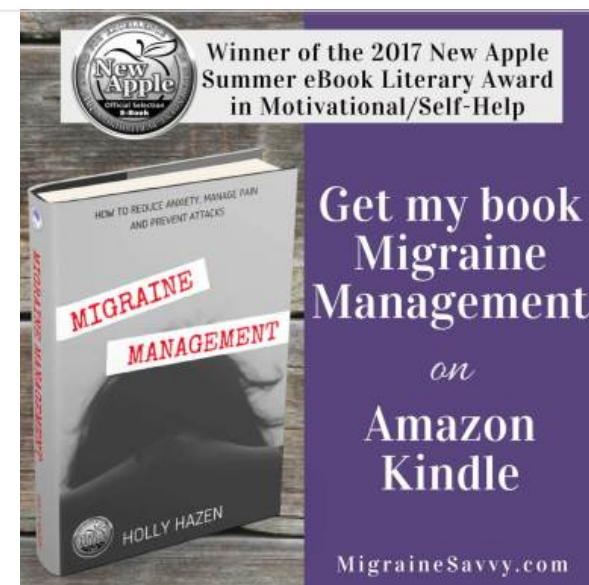
Cheese

Chewing gum

Citrus Fruit

Citrus Fruit juices

Chicken Livers



Click here to learn more about my Migraine Pain Management eCourse





Coffee

Cola or caffeinated soda products

Cooking with aluminum pans

Cooking with Teflon coated cookware

Cooking with unsaturated oils – Canola Oil

Corn

Cranberries (tannins)

Dairy products (some)

Dates

Dried fruits (preserved with sulphites - raisins, figs)

Recent Articles

PEA Migraine Headache Medication: How To Prevent Attacks

Dec 14, 17 03:59 AM



I bet you've not heard of this migraine headache medication that is being used to treat migraines in Europe, successfully! Click here to learn more about PEA, the natural pain killer.

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Eating out of hot plastic take away containers

Eggs (Organic is acceptable)

Fresh Raspberries

Fresh Strawberries

Green Tea (tannins)

Guarana

Herbs - see our list on [migraine food trigger](#)

High GI foods

Licorice

Lunch meats

Malted Barley Flour

Margarine

Miso

Effective Instant Migraine Relief... How To Get It

Dec 11, 17 05:35 PM



Don't let panic stop you from getting instant migraine relief. Click here to find out why ice works better than heat. And why getting it wrong could cost you days in more pain.

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Migraine Relief Gift Ideas: Gifts for Migraine Sufferers

Dec 09, 17 10:11 PM



MSG

Mushrooms

Onions (especially raw)

Oranges and citrus fruit

Peaches (tannins)

Peanuts

Peas

Pesticides

Red plums



Stuck for what to buy your beloved migraine sufferer? Here are some free things to do and migraine relief gift ideas that you can use and trust. Surprise them with something to get relief faster.

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Migraine Savvy: Manage Your Pain and Enjoy Your Life More

Nov 30, 17 07:16 PM



Red wine

Rhubarb

Ripe avocado

Ripe banana

Salami

Sauerkraut

Smoked Salmon

Snails or escargot

Soy sauce

Spices - see our list on [migraine food trigger](#)

Sugar

Teriyaki sauce

Wheat and or gluten



Become Migraine Savvy. Know your options. Empower yourself to make wiser choices. Use the information and tips you'll find here to learn resilience and thrive despite the pain. Build a better life.

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Migraine Headaches and Holidays: How to Stay Calm

Nov 29, 17 03:51 AM

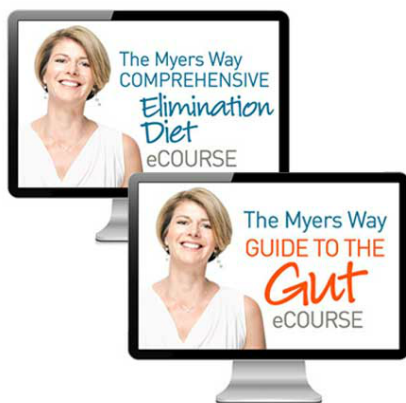


Yeast (sourdough)

Yogurt

Ok, I think that's close to it for my list. I will add more if I have missed some as I go for more foods that trigger migraines.

Ways to Avoid Triggers and Find Relief



Besides completely avoiding the above foods, this combination of biofeedback, vitamins, breathing and doing gentle exercise or yoga works for me.

I had an Irish roommate once that said "don't you know how to breathe already?" I had to laugh but it is important to learn to breathe using the diaphragm. Anyway, give them a try!

Have you tried doing an [elimination diet](#) yet? If not, try this one, it's excellent.



You never know when your next migraine will strike, so migraine headaches and holidays can be a stressful and upsetting time. Get 12 stress busting tips to use right now. Stop stressing and start...

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Migraine Diary Practical Advice And Why You Need To Keep One

Nov 26, 17 09:37 PM



Read More on Foods That Trigger Migraines



[The Migraine Headache Diet](#)



[Foods that Fight Pain](#)



[Common Food Triggers](#)



Keep A Diary

Keep records to help monitor changes
Monitor, check and review results
Help identify your triggers
Learn what works
Clearly see what doesn't work
www.MigraineSavvy.com

If you've had migraines for a while, you already know why you need to keep a migraine diary. Because it all gets overwhelming and confusing. Click here for some practical ways to keep your sanity.

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Feverfew for Migraines: Will It Stop Your Painful Attacks?

Nov 25, 17 10:43 PM

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